

STUDIES ON MEDICINAL PLANTS USED BY TRIBAL COMMUNITIES IN DISTRICT SIDHI OF MADHYA PRADESH

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ABSTRACT: Sidhi district of Madhya Pradesh is inhabited by number of tribal communities residing in remote villages and forests. These tribal people depend on medicinal plant wealth for the treatment of various human diseases. An ethno medicinal survey was carried out the use of medicinal plants in Sidhi region, the information was gathered from Kol and goand tribes using an integrated approach botanical collections, group discussion and interview with questionnaire during 2015-16. For present study authors have visited different sites and recorded 20 plant species used by the tribes for various disease controls.

Keywords: Medicinal plants, tribals, Piprahi, Sidhi.

INTRODUCTION

Since time immemorial, herbal medicine also referred as an alternate medicine or traditional medicine, has been in use in India. Nearly 80% of the human population is reported to be dependent on plant-based medicines. These are used for primary health care not only in rural areas of developing countries, but also in developed countries, where modern medicines are predominantly used. Though modern allopathic drugs have inundated the market in the present days but due to their side effects, peoples are attracted towards herbal medicines and their consumption is increased.

India is one of the few countries of the world having a large primitive tribal population. In the recent years a remarkable interest and trend has been setup worldwide for the ethno-botanical studies. Most of the studies are associated with the study of plants used by the aboriginal tribes in different parts of country. Tribes mostly live in the forests, hills, plateaus and naturally isolated regions. Traditional medicine widely used the home of tribals and forest dwellers. More than 30% of the population consists of the tribal people with immense traditional knowledge. Traditional knowledge often includes practices based on observations. Multifarious uses of plants among multiethnic societies are all practice based observations. Study of traditional or folk medicines of tribals is called ethno medicine. A review of past literature on ethno botany indicates that sufficient

research work has been done in various part of India. Traditional medicine and ethno botanical information play an important role in scientific research among the medicinal plants used in Ayurvedic medicines for their therapeutic action; some of these have been thoroughly investigated. Central India is known for its richness of medicinal flora. Vindhyanal, Aravali ranges, Bailadilla, Hills, khurchel valley Kanger Reserve, and Amerkantak, pachmarhi and patalkote areas. Tropical forests which are rich in biodiversity.

These tribes follow a distinct life style identified as tribal culture. Due to their long association with the forests, these people have acquired valuable information with regard to the medicinal and other use of plants. Tribal people have full faith and confidence in their way of treatment. The district Sidhi is inhabited by number of tribes namely baigas, gond, dhaikars, kols, bhurtiyas, khairwars, agarias, and patharis etc. these tribal people use local plants in medicine. They prepare paste, powder, pills, aqueous extract, decoction and other herbal preparations for single plants or in combination with other plants for the treatment of various disease and ailments.

II. LOCATION OF STUDY AREA

Sidhi is located at 24.42°N 81.88°E. It has an average elevation of 272 metres (892 feet). It is a state of Chandela Rajput who came from Khajuraho. They mainly live in Bardi State and then again divide into a few areas in Sidhi. The landscape dotted with hills, mountains, plateaus, waterfalls and rivers. The forest cover of district is 433533 ha.

III. METHODOLOGY

The present study is based on the information gathered about medicinal plants from tribal peoples of villages Piprahi and other near areas in Kusumi tehsil. The information about medicinal uses of plants was obtained from local people, inhabitants, hakims and field workers. Immediately after collection the specimen were identified with the helps of floras (Duthie, 1994; Hooker 1872-1897 and chopra et al 1980). The collected and identified specimens have been deposited in the

herbarium in Botany Department S.G.S. Govt.
Autonomous P.G. College Sidhi (M.P.).

RESULTS

Some of medicinal plants used by tribal people of village Piprahi and other near areas for the treatment of various disease are mentioned below :

Table N0.1 List of Medicinal Plants used by Tribal Communities in District Sidhi (M.P.)

S. No.	Scientific Name /Family of Medicinal Plant	Local Name	Use of Plant
1.	<i>Aegle marmelos correa</i>	Bel	The pulp of the ripe fruits are useful in the disorders of the stomach.
2.	<i>Calatropis procera</i> R. Br; (Asclapediaceae)	Aak	The latex of the stem is used in rheumatism and leprosy.
3.	<i>Ricinus communis</i> Linn (Euphorbiaceae)	Arandi	Oil obtained from seed is highly purgative
4.	<i>Azaricticha indica</i> Linn. (Meliaceae)	Neem	Leaves and stems are Insecticidal, carminative, expectorant, antihelmintic.
5.	<i>Alstonia scholaris</i> , R. Br; (Apocynaceae)	Saptaparni	Chatium Barks of plants used in malaria, dysentery and snake bite and their milky juice is applied to ulcers.
6.	<i>Asperagus racemosus</i> Willd. (Liliaceae)	Satawar	The tuberous roots are powdered and mixed in water and given to woman for strength and vigour
7.	<i>Aristolochia indica</i> Linn (Poaceae)	Isharmul	The powdered roots are given in honey for leucoderma and juive of leaces for snake bites.
8.	<i>Bryonopsis laciniosa</i> Linn (Cucurbitaceae)	Shivlinge	The plants are used in bilious attacks and also in fever with flatulence.
9.	<i>Cyperus rotundus</i> Linn (Cyperaceae)	Motha	The tuberous roots are used in disorders of stomach and disorders of bowels.
10.	<i>Fumaria indica</i> Linn (Famariaceae)	Pit papara	The powder of dried plants are very usefull to purify blood in skin diseases.
11.	<i>Gravia asiatica</i> Linn (Tiliaceae)	Phalsa	The leaf paste is used as application to postural eruptions and their fruits in stomach and cooling diseases.
12.	<i>Holarrhena antidysenterica</i> Linn (Apocynaceae)	Kurchi	The bar decoction is rubbed over the body in dropsy and their seed powder is used externally as well internally for fever and intestine warms.
13.	<i>Moringa oleifera</i> Linn (Moringaceae)	Munga	The paste of root bark is applied on boils for suppression as well as suppuration and root decoction is taken orally in scorpion bite.
14.	<i>Martynia annua</i> Linn (Pedaliaceae)	Bichu	The leaves of plants are given in epilepsy, applied to tuberous glands of neck and their juice are used as gargel for sore throat.
15.	<i>Nyctanthes arbortristis</i> Linn (Oleaceae)	Harsinghar	The leaves of plants are useful in fever and rheumatism.
16.	<i>Operculine turpethum</i> Linn (Convolvulaceae)	Nisoth	The powdered roots are given in scorpion sting and snake bite.
17.	<i>Rauwolfia serpentina</i> Benth. (Apocynaceae)	Rauwolfia Sarpghandha	<i>Rauwolfia serpentina</i> Benth. (Apocynaceae) The powdered roots are given in reduction of blood pressure , remedy in painful affections of the bowels leaves juices are used for removal of opacities of cornea of eyes.
18.	<i>Scherebera swietenioides</i> Roxb. (Oleaceae)	Ghanta	The decoction of stem bark is used to cure mental depression.
19.	<i>Tinospora cordifolia</i> Miers (Menispermaceae)	Guruch	The aquous extraction of stem is given to cure nocturnal emissions and plant paste is also applied to bone fractures.
20.	<i>Teramnus Labialis</i> Spreng (Fabaceae)	Mashaparni	The fruits of plants are used in nerve diseases, paralysis.

DISCUSSION

The present investigation included information on 20 plant species belonging to 20 angiospermic families. These are employed to treat different disease of human being. The common form of dosages are decoction, infusion, powder, extract, juice, paste, latex prepared by using various underground and aerial plant parts. Mostly single plant species is employed for these applications except in few cases more than one species had been employed for the treatment of ailments. It is a fact that backward people use ethnomedicines due to affordable cost or even free of cost. Also they are readily available in their vicinity. The traditions passed orally represent community supported autonomous healthcare management system. This runs parallel to modern system. The claimed therapeutic values of these species however, invite for modern laboratory studies to establish their efficacy and safety. These also need preservation because of obvious forces of deforestation acculturation.

CONCLUSION:

The study concludes that the role of herbal medicine for the treatment of various diseases and disorders among tribe is crucial. They used many different forest plants, weeds, flowers, seeds, bark in their traditional treatment. Beyond documented plants. These people use several other plants for non-medicinal purposes. The collection information not only shows that many preparations are made from single plants but rarely mixture of several plants is used. Majority of the preparations are taken orally and applied on the skin. In the studies area, many

people still have faith in the herbal remedy which plays an important role in life of these communities.

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